NEW FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE NEW FULL MOON

"Likewise, the people of the land shall worship at the entrance to this gateway before the Heavenly Father on the Sabbaths and the New moons." Ezekiel 46:3

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication, a month: - month (-ly), new moon = a beginning of a new month/a renewal)

THOUGHT OF THE MONTH

POWER, WISDOM & STEWARDSHIP

DEAR BELIEVERS,

As another Full Moon rises over the earth, we are reminded that while the world around us changes with remarkable speed, the rhythms established by the Heavenly Father remain unchanged. This month, we also reflect on themes that quietly call us back to our responsibilities as stewards: caring for creation, valuing every human life, building strong communities, and standing courageously for truth, just as the prophet Elijah did. Elijah first confronted false worship. He restored the altar of the Heavenly Father and called the people back to the truth. Every generation is called to rebuild what has been forgotten.

Every generation leaves an inheritance for the next. **Humanity stands at an extraordinary crossroads. Never before have we possessed so much knowledge.** Never before have we held such power in our hands. Artificial intelligence is advancing at breathtaking speed. Brain-computer interfaces are moving from science fiction into reality. Technologies once considered impossible are rapidly becoming part of everyday life.

Recently, Elon Musk described some emerging technologies as being *"sort of what I might call Jesus-level technologies."* Whether one agrees with the phrase or not, it reveals something significant. Humanity recognises that it is approaching capabilities once considered miraculous. Yet history teaches us something equally important. Almost every discovery carries both opportunity and responsibility.

- Fire can warm a home or destroy a forest.
- A knife can prepare a meal or become a weapon.
- Electricity can illuminate a city or power a battlefield.

- Artificial intelligence may help discover new medicines, improve agriculture, expand education, and solve problems that once seemed beyond our reach. Yet the same technology can also be directed toward purposes that diminish rather than strengthen humanity.

The question has rarely been whether a tool is good or bad in itself.

WHOEVER SHAPES THE TOOLS OF A GENERATION WILL INFLUENCE THE THINKING OF THAT GENERATION.

Therefore, we must ask:

- Who is guiding its development?
- For what purpose is it being used?
- Whose values shape its direction?

TECHNOLOGY IS A TOOL. WISDOM DETERMINES HOW THAT TOOL IS USED. STEWARDSHIP DETERMINES WHETHER IT BECOMES A BLESSING OR A BURDEN.

Scripture repeatedly reminds us that humanity's greatest danger has never been a lack of intelligence. It has been the misuse of intelligence. The builders of Babel possessed remarkable ability. The kingdoms described by Daniel displayed extraordinary power. Before the flood, civilisation flourished with knowledge, skill, and industry. Their greatest problem was never what they could build. It was whether they remained aligned with the Heavenly Father's ways while building it. Perhaps that is the defining question of our own generation.

Not, "What can humanity build?" But rather, "Who are we becoming while we build it?"

Throughout this month's newsletter, we explore that question through the lenses of technology, creation, stewardship, and Kingdom living. Our purpose is not to resist progress, but to encourage wisdom as we build the foundations future generations will inherit. As we continue to build, may we never lose sight of the wisdom displayed in creation itself.

The sun faithfully marks the day. The moon faithfully marks the month. The seasons arrive in their appointed order. Creation does not strive for significance. It simply remains faithful to its design. Perhaps that is one of the greatest lessons for our generation:

- Power without wisdom becomes dangerous.
- Knowledge without character becomes unstable.
- Innovation without stewardship eventually loses its way.

THE EARTH IS NOT CRYING OUT FOR MORE OWNERS. IT IS WAITING FOR FAITHFUL STEWARDS.

For in the end, the measure of a civilisation will not be the technology it created... but the wisdom with which it used it.

With love and anticipation,

DIGITAL IDENTITY
CONVENIENCE, CONTROL & CENTRALISATION

Every generation creates new ways of identifying its citizens. Clay tablets became written records. Paper records became identity books. Identity books became smart cards.

Today, identity is becoming digital.

THE PROMISE

Digital identity offers faster verification, less paperwork, reduced fraud, and easier access to services. These benefits are real. Yet identity is unlike any other document we own.

IDENTITY IS THE LEGAL FOUNDATION UPON WHICH MODERN LIFE DEPENDS

Employment. Banking. Healthcare. Property ownership. Education. Travel. Business.

THE SHIFT

For generations, we carried proof of identity. Today, identity is increasingly verified through interconnected digital systems linking banks, government, healthcare, telecommunications, and financial institutions.

Every new connection promises greater convenience, but also increases the importance of trust, transparency, and accountability.

THE QUESTIONS WE SHOULD ASK

The conversation is no longer about replacing a plastic card. It is about building systems wisely.

- Who safeguards identity information?
- How are systems restored after failure?
- How is privacy protected?
- Who decides what information is shared?
- How are citizens without digital access included?

THESE ARE NOT QUESTIONS OF FEAR. THEY ARE QUESTIONS OF GOOD GOVERNANCE.

CONVENIENCE OR RESILIENCE?

Technology makes life easier, but resilient societies prepare for disruption. Power failures, network outages, lost devices, and cyber-attacks remind us that the strongest systems are those that remain dependable when technology is under pressure.

THE STRONGEST SYSTEMS ARE THOSE THAT REMAIN DEPENDABLE UNDER PRESSURE.

A LESSON FROM CREATION

The Heavenly Father's creation operates differently. The sun marks the day. The moon marks the month. The seasons reveal their appointed times. No password. No subscription. No institution controls access.

THE CREATOR'S RHYTHMS REMAIN VISIBLE TO EVERYONE.

Perhaps they remind us that the strongest foundations are often the simplest.

BUILDING WISELY

Every generation builds something. Our grandparents built roads, railways, dams, and power stations. Our generation is building digital infrastructure. Future generations will inherit the systems we design today.

PROGRESS DESERVES WISDOM. STEWARDSHIP BEGINS LONG BEFORE CONSTRUCTION IS COMPLETE. IT BEGINS WHILE THE PLANS ARE STILL ON THE DRAWING BOARD.

AI IS ONLY AS GOOD AS THE PERSON USING IT

Artificial Intelligence is rapidly becoming part of everyday life. Yet many people are disappointed with the answers they receive—not because AI is failing, but because they are using the wrong tool or giving unclear instructions.

AI reflects the information it has available. Ideas that challenge established thinking, emerging scientific discoveries, or new evidence often take time to become recognised and incorporated. Therefore, AI should be used as a research assistant—not the final authority.

Think of AI assistants as different professionals. A messaging AI is ideal for quick questions, translations and simple summaries. It is wise to rather use a more advanced AI as your Chief of Staff—if you appoint it as such. It can then help you research, organise projects, refine documents, solve minor legal and other problems and think more strategically.

The quality of the response depends largely on the quality of your interaction.

To get the best results:

- Give AI clear context and explain your objective.
- Show examples of the style or format you want.
- Ask AI what information is certain and what should still be verified.

- **Always fact-check important news, medical, legal, financial and scientific information.**
- **Never upload confidential or sensitive personal information.**
- If AI misunderstands you, correct it and continue the conversation—good AI interaction is a dialogue, not a single question.

AI is one of the most powerful tools ever created, but it is still only a tool. It can accelerate learning, improve writing and save valuable time, but it cannot replace wisdom, discernment or human responsibility.

The future belongs not to those who simply use AI, but to those who learn to use it wisely.

THE LIVING CURRENT OF COPPER

When we think of copper, our modern minds often jump to industrial pipes, electrical grids, and economic commodities. But beneath the concrete and wire lies a much older, deeper story. Copper is a primary element of the Earth—a vital, living bridge that connects the mineral kingdom directly to the health of our soils, plants, and ecosystems.

True environmental stewardship requires that we look past what a resource can produce for industry, and instead look at how it sustains life within biological cycles. When it comes to the earth beneath our feet, copper behaves less like a rigid metal and more like an essential, vital current.

THE UNDERGROUND CATALYST: COPPER IN THE SOIL

In agricultural and natural systems, copper is categorized as a micronutrient—needed only in infinitesimal amounts, yet completely indispensable to the foundational balance of life. Unlike highly mobile nutrients that easily wash away and pollute local watersheds, copper carries a positive electrical charge. This charge allows it to bind tightly and securely to the negatively charged organic matter and humus in healthy soil. It stabilizes, staying precisely where the biology of the earth needs it most. Within the plant kingdom, copper acts as a profound spark for basic survival:

- **The Breath of Photosynthesis:** Without copper, a plant's ability to convert sunlight into sugars and energy drops dramatically—a state agronomists call "hidden hunger," where a crop looks acceptable on the surface but is systematically weak from the inside out.
- **Structural Sovereignty:** Copper is essential for the formation of lignin, the compound that builds strong, woody cell walls in plants.
- **The Soil's Immune Shield:** A plant with adequate copper levels forms a natural barrier against devastating fungal spores and bacterial pathogens like mildew, allowing the ecosystem to defend itself without relying on synthetic chemical interventions.

When we choose circular metals over single-use synthetic materials, we drastically reduce our ecological footprint. Recycling existing copper uses up to 85% less energy than primary mining and extraction, directly shielding natural habitats from the heavy disruptions, deforestation, and watershed contamination associated with primary ore mining.

Historians and archaeologists note that roughly 80% of all the copper ever mined or smelted by humanity across the last 10,000 years is still in active use today. This is because copper is infinitely recyclable; it can be melted down and repurposed endlessly without ever losing its structural integrity, conductivity, or intrinsic properties.

BALANCE AS THE ULTIMATE GUIDE

As with all powerful elements of the Earth, the key to copper is absolute balance. While a deficiency leaves plants highly vulnerable to disease and stunted growth, an unnatural excess—often caused by industrial pollution or heavy over-application of synthetic treatments—can disrupt earthworm populations and beneficial soil microbial communities.

COPPER REMINDS US THAT TRUE STEWARDSHIP IS NOT ABOUT DOMINATION OR TOTAL ERADICATION OF PESTS; IT IS ABOUT FOSTERING A DEEP, LOCALIZED NUTRIENT BALANCE THAT ALLOWS THE EARTH'S NATURAL SYSTEMS TO REGULATE, DEFEND, AND SUSTAIN THEMSELVES.

DOING GOOD BY GIVING BACK

This July, true stewardship begins right where you stand—by nourishing the earth that sustains us and strengthening the community that anchors us.

World Nature Conservation Day (28 July)

1. **Feed the Soil:** Top-dress your garden with compost and trace minerals (like copper) to naturally strengthen plant immunity and reduce the need for chemicals.
2. **Support Wild Pollinators:** Place shallow, stone-lined water bowls in quiet corners of your garden to provide a safe hydration spot for birds and vital insects.
3. **Swap Heirlooms:** Gather with neighbours to trade locally adapted seeds and cuttings, protecting regional biodiversity from the ground up.

International Day of Friendship (30 July)

1. **Gift a Harvest:** Deliver a simple basket of garden produce, raw honey, or a jar of homemade wellness tea to a friend or elderly neighbour.
2. **Make the Call:** Reach out directly to an old friend or mentor you haven't spoken to recently—skip social media and have a real conversation.
3. **Offer Your Hands:** Spend a morning helping a friend with a heavy task, whether it's clearing land, building, or organizing a physical archive.

THE SISTER'S MOON

30 JUNE 2026

In South Africa, the Full Moon occurred on the evening of the 29th of June 2026.

Because June brings the cold depths of winter to the southern hemisphere rather than the warmth of summer, local traditions look at this sky quite differently. In many Southern African cultural and indigenous tracking systems, this specific winter lunation is beautifully known as the Sister's Moon (or the Moon of the Seven Sisters).

This name highlights a crucial astronomical event: during June, the prominent star cluster Pleiades– traditionally called Isilimela in IsiXhosa and IsiZulu, or the Seven Sisters globally– reappears vividly in our early morning northeastern sky.

For generations across Southern Africa, the return of the Seven Sisters alongside this mid-winter moon has served as a foundational marker for the agricultural calendar, signalling the time to clear the frost-hardened ground and prepare the soil for the coming seasonal cycle.

AN UNBROKEN RHYTHM

Although June brings cold winter nights to South Africa, the Full Moon remains a powerful reminder of the Creator's ordered rhythms in the heavens. Around moonrise on the evenings of 29 and 30 June, it will appear exceptionally bright and prominent high above our horizon, making it an excellent opportunity to pause, step into the crisp night air, and appreciate the steady turning of the seasons.

THE VALUE OF CHOOSING AND EATING ORGANIC

Eating organic food is about more than avoiding chemicals. It is about choosing food that is grown the way nature intended, giving our bodies real, clean fuel and honouring the land.

When you look at the food on your plate, the organic difference is simple but powerful.

CLEAN, UNCONTAMINATED FOOD

Many ordinary crops absorb chemical sprays right to their roots, which means the chemicals cannot be washed off the skin. Choosing organic means you are eating clean food that is free from these hidden synthetic chemical residues.

BETTER FLAVOR AND MORE NUTRIENTS

Organic plants grow at a natural pace in healthy soil. Because they are not pumped full of artificial water-retaining fertilizers, they have less water weight and more actual substance.

This is why organic food often tastes richer and contains more natural vitamins, minerals, and protective antioxidants.

FOOD WITH REAL STRENGTH

Plants grown in living earth have to build their own natural defences to stay healthy. When you eat organic whole foods, you are eating produce with a strong cellular structure. This makes the food more resilient, helps it stay fresh longer, and provides deeper nourishment for your body.

EVERY CHOICE MATTERS

If buying fully organic does not fit your budget right now, choosing fresh, locally grown whole foods is still an excellent step, or buy direct from small farmers. Every meal is a choice. By looking for food grown with care, we choose better health for ourselves and support farming that works with nature.

A STEWARDSHIP PERSPECTIVE

The Earth belongs to the Heavenly Father, and He has entrusted us to take care of it.

Choosing clean, wholesome food that respects the natural design of creation and keeps our bodies healthy is a practical way to be a faithful steward.

WHEN YOUR HEART IS BROKEN

WALKING THE HEAVENLY FATHER'S PATH FROM GRIEF TO HEALING

At some point in life, every heart experiences loss. Whether through the passing of a loved one, the end of a cherished relationship, broken dreams, disappointment, or unexpected change, grief is part of the human journey. Each person's experience is unique. Some wounds are fresh. Others have been quietly carried for many years. There is no timetable for healing, and there is no shame in taking one step at a time.

This reflection is an invitation to pause in the Heavenly Father's presence, to acknowledge what has been carried for too long, and to gently begin the journey toward healing. The Heavenly Father does not ask us to hide our pain. He invites us to bring it into His light, where broken hearts can gradually find comfort, strength, and renewed hope. Healing is rarely instant. It is often a gentle journey of release, restoration, and learning to carry love without being overwhelmed by pain.

A HEALING JOURNEY THROUGH GRIEF

Grief is not something to be rushed. Healing begins when we honestly bring our pain before the Heavenly Father. Every step taken in honesty opens the way for restoration.

As you walk this journey, gently consider these steps:

• Acknowledge your pain. Grief, anger, confusion, regret, unanswered questions, and even silence are all part of the human journey. Healing begins when we stop hiding what we carry.

• Give yourself permission to grieve. The Heavenly Father does not expect us to hide our pain or pretend we are stronger than we are. Bring every emotion honestly into His presence. Healing begins when the heart no longer carries its burdens alone.

• Breathe through difficult moments. Slow, intentional breathing helps calm the body's stress response, eases physical tension, and gives the mind space to rest. Sometimes the next healing step begins with simply taking the next breath.

• Allow yourself to cry. As we explored in last month's newsletter, the Heavenly Father even designed tears with a purpose. They are one of the body's natural ways of helping release emotional stress and begin the healing process.

• Do not carry your grief alone. Share your heart with someone you trust. Speak openly with the Heavenly Father. Walk in nature. Give words to what remained unspoken. Often the simple act of expressing what has been carried silently allows the heart to begin releasing its burden.

• Release guilt. Many grieving hearts carry thoughts of "I should have..." or "If only..." Place these burdens before the Heavenly Father. We cannot change yesterday, but He can bring healing today.

• Release bitterness. Whether directed toward yourself, others, difficult circumstances, or unanswered questions, bitterness quietly keeps wounds open. Forgiveness does not erase the loss; it frees the heart to begin healing.

• Recognise that every loss is unique. The passing of a child, spouse, parent, family member, or dear friend leaves a different kind of wound. There is no correct timetable for healing. Allow yourself patience and grace.

• Invite healing into your whole being. Ask the Heavenly Father to heal not only your heart, but also your mind, emotions, and body. Where grief has become trapped within you, invite His peace, release, and restoration.

• Open your eyes to hope. As healing begins, ask the Heavenly Father to help you notice the beauty He continues to place along your path. A restored relationship. An unexpected act of kindness. The comfort of a beautiful song. A peaceful walk in creation. Even an unexpected encounter with an animal can remind us that His creation continues to reflect His goodness.

• Become aware of His Kingdom. As your heart slowly heals, begin noticing the glimpses of the Heavenly Father's Kingdom that surround you. Beauty. Peace. Joy. Kindness. Order. Friendship. These are gentle reminders that His Kingdom is not only a future promise—it is already touching our lives here and now.

The Heavenly Father often fills our world with small reflections of Heaven's beauty, gently restoring hope within us. Every beautiful moment becomes an invitation to lift our eyes beyond today's realm and to remember the glorious future He has prepared for those who love and obey Him.

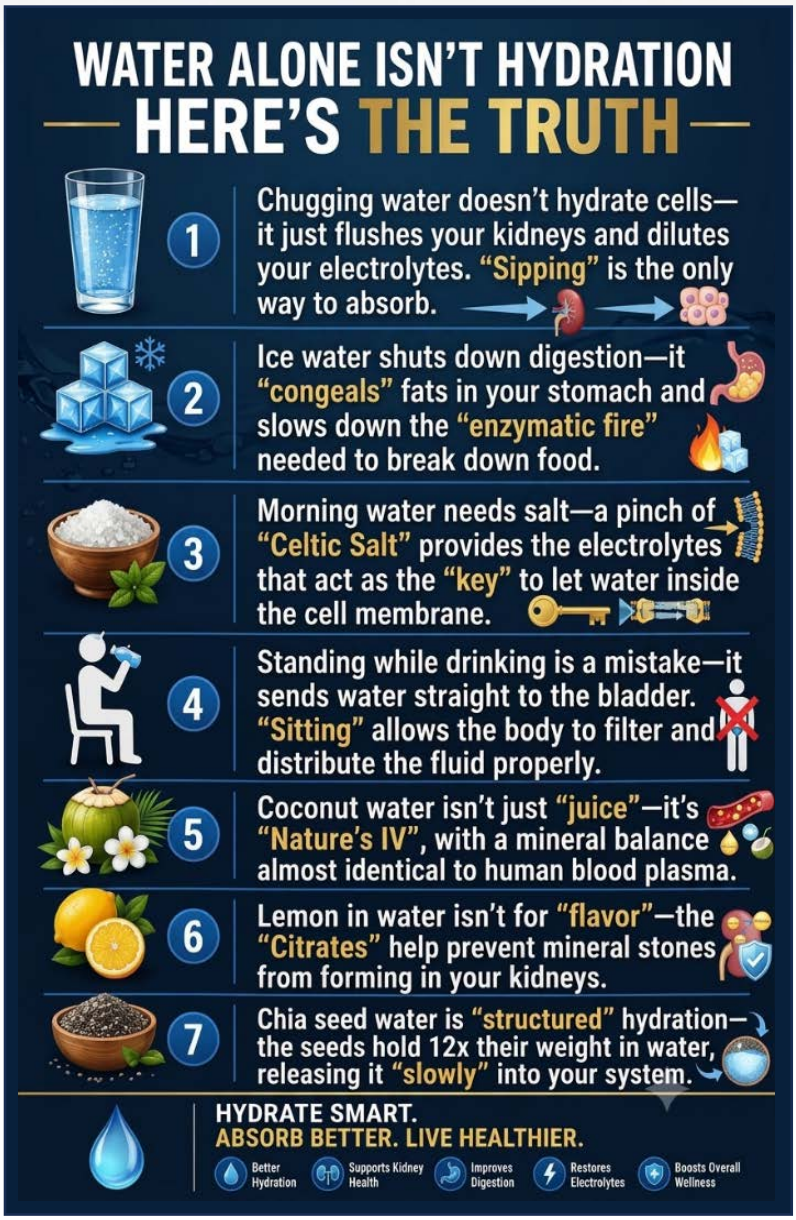
Our loved ones who have fallen asleep, are no longer burdened by the brokenness of this world and as we begin to recognise the beauty, peace, joy, and perfect order the Heavenly Father reveals around us, our hearts are gently reminded of what they now experience in the greater fullness of His Kingdom and the hope He has prepared for all who belong to Him.

These glimpses do not take away our grief. They help our hope to flourish. Instead of allowing loss to keep our eyes fixed only on what has been left behind, they awaken joyful anticipation for what still lies ahead. Hope is one of the Heavenly Father's greatest gifts to the grieving heart. It quietly reminds us that love has not ended.

The story is not over. And the best is still to come. True healing does not erase love. It transforms pain into peace. It transforms sorrow into hope. It transforms brokenness into quiet strength.

With the Heavenly Father's gentle guidance, the heart can learn to love, remember, hope, and live again. One step at a time.

*Read part 2 in our August edition on **"PROTECT WHAT REMAINS"***


WATER ALONE ISN'T HYDRATION
HERE'S THE TRUTH
1
Chugging water doesn't hydrate cells—it just flushes your kidneys and dilutes your electrolytes. "Sipping" is the only way to absorb.
2
Ice water shuts down digestion—it "congeals" fats in your stomach and slows down the "enzymatic fire" needed to break down food.
3
Morning water needs salt—a pinch of "Celtic Salt" provides the electrolytes that act as the "key" to let water inside the cell membrane.
4
Standing while drinking is a mistake—it sends water straight to the bladder. "Sitting" allows the body to filter and distribute the fluid properly.
5
Coconut water isn't just "juice"—it's "Nature's IV", with a mineral balance almost identical to human blood plasma.
6
Lemon in water isn't for "flavor"—the "Citrates" help prevent mineral stones from forming in your kidneys.
7
Chia seed water is "structured" hydration—the seeds hold 12x their weight in water, releasing it "slowly" into your system.
HYDRATE SMART.
ABSORB BETTER. LIVE HEALTHIER.
Better Hydration
Supports Kidney Health
Improves Digestion
Restores Electrolytes
Boosts Overall Wellness

THE HIDDEN PLASTIC IN YOUR TEA

For many, a warm cup of tea is a daily ritual of comfort and health. However, beneath the surface of this wholesome habit lies a hidden reality: millions of conventional tea bags are actively leaching billions of microscopic plastic particles directly into our drinks.

THE BOILING POINT PROBLEM

When we think of plastic pollution, we often picture water bottles or plastic bags. Yet, a landmark study by McGill University revealed that steeping a single plastic-mesh tea bag at standard brewing temperature, 95 degrees centigrade, releases approximately 11.6 billion microplastics and 3.1 billion nano-plastics into a single cup.

Heating plastic significantly accelerates its degradation. By placing these synthetic materials into boiling water, we create the perfect environment for chemical and structural breakdown, which we then ingest.

The Heat Seal: To prevent the seams from bursting open in hot water, the vast majority of commercial paper tea bags are heat-sealed using a fine blend of thermoplastic fibres, such as polypropylene or polyethylene.

The Chemical Boost: Furthermore, many paper bags are treated with a compound called epichlorohydrin to maintain structural integrity when wet—a chemical classified as a potential carcinogen that can react when exposed to water.

WHAT HAPPENS INSIDE THE BODY?

Because nano plastics are small enough to bypass the body's natural filtration systems, recent studies show they can be readily absorbed by human intestinal cells. Once inside, microplastics have been detected in blood, tissues, and major organs. While long-term impact studies are ongoing, researchers have raised major concerns regarding their potential to trigger cellular inflammation, oxidative stress, and hormone disruption.

RETURNING TO PURITY

Avoiding this hidden exposure does not mean giving up your daily brew. It simply means changing how we prepare it:

Return to Loose Leaf: The absolute safest and most traditional route is switching to loose-leaf tea using a high-quality stainless steel, glass, or ceramic infuser. Not only do you bypass the plastic entirely, but loose leaves generally offer superior flavour, freshness, and nutrient density.

Vet Your Brands: If you prefer the convenience of bags, look exclusively for brands that explicitly state they use 100% natural, unbleached plant fibres (such as Manila hemp or organic cotton) with completely plastic-free, machine-folded, or stitched closures.

PARASITE CLEANSE PROTOCOL

A 3-PHASE, WHOLE-BODY APPROACH TO RESTORE HEALTH

Eliminate Parasites | Break Bioiflms | Support Detox Pathways | Heal the Gut | Rebuild & Thrive

1 PREP PHASE 7–10 DAYS

Goal: Open detox and drainage pathways so your body can eliminate toxins safely.

LIVER SUPPORT

- Castor Oil Packs 3–4x/week
- Milk Thistle
- Dandelion Root
- Burdock

BOWEL REGULARITY

- Magnesium Citrate or Oxy-Magnesium
- 1–2 healthy bowel movements daily

LYMPHATIC MOVEMENT

- Dry Brushing
- Rebounding
- Infrared Sauna or Red Light

DAILY SUPPORT

- Apple Cider Vinegar before meals
- Herbal Teas (dandelion, nettle, lemon-ginger)
- Water 2–3L daily + electrolytes

Why? Preparing your body first reduces "die-off" symptoms and supports safe detox.

2 ACTIVE PARASITE CLEANSE 30–60 DAYS

Goal: Kill parasites, break bioiflms, flush out eggs, and remove toxins.

⚠ Do not start killing before Step 1!

ANTI-PARASITICS (Rotate Every 2–3 Weeks)

- Mimosa Pudica Seed
- Black Walnut Hull
- Wormwood
- Clove
- Neem
- Berberine / Olive Leaf / Oregano Oil
- Diatomaceous Earth (Food Grade Only)

BIOFILM DISRUPTORS

- NAC (N-Acetylcysteine)
- Proteolytic Enzymes (InterFase Plus, SerraFlora, etc.)
- Optional: EDTA

BINDERS (Don't Skip!)

- Activated Charcoal
- Bentonite Clay
- Chlorella

Take 1–2x daily away from food, supplements or meds.

CONTINUE DAILY SUPPORT

- Water & Electrolytes
- Liver Support
- Herbal Teas
- Lymphatic Movement

3 GUT REPAIR & IMMUNE REBALANCE 30+ DAYS

Goal: Rebuild your gut lining, restore healthy flora, and strengthen immunity.

HEAL THE GUT LINING

- L-Glutamine
- Aloe Vera Juice
- Collagen / Bone Broth
- Slippery Elm / Marshmallow Root / DGL Licorice
- Zinc Carnosine / Quercetin

REBUILD MICROBIOME

- Spore-Based Probiotics
- Saccharomyces boulardii
- Prebiotic Fibers (PHGG, Acacia Fiber, Green Banana Flour)

NOURISH & RESTORE

- Whole, nutrient-dense foods
- Anti-inflammatory diet
- Adequate sleep
- Stress management

CYCLIC DOSING (4 ON / 3 OFF)

4 Days ON: Take antiparasitics, enzymes & biofilm disruptors

3 Days OFF: Take binders & drainage support only

Repeat for 4–6 weeks minimum (up to 90 days for chronic cases)

FULL MOON INTENSIFICATION

From 3 days before to 3 days after full moon:

- Increase antiparasitics by 25–50%
- Increase binders, water & electrolytes
- You may notice more symptoms – this is when many people pass the most.

DIE-OFF SYMPTOMS (Herxheimer Reactions)

- Headaches
- Fatigue
- Skin rashes
- Brain fog
- Joint pain
- Nausea
- Mood swings
- Worsened old symptoms

How to Reduce It:

More water + minerals | Take binders

Detox tools: sauna, epsom baths, dry brushing, rebounding, coffee enemas

Lower dosage or take a break if needed

OPTIONAL TESTING

- GI-MAP or GI Effects
- OAT (Organic Acids Test)
- Stool Microscopy + PCR
- Blood Tests (Eosinophils, Total IgE)

Work with a qualified healthcare professional.

LIFESTYLE ADD-ONS

CREATE AN INNER TERRAIN WHERE PARASITES CAN'T THRIVE

Eliminate: Sugar, gluten, processed carbs, seed oils, dairy

Eat Anti-Parasitic Foods: Garlic, pumpkin seeds, papayaseeds, cilantro, beets

Sunlight & Sleep (7–9 hours)

Reduce Stress

Move Your Body Daily

KEY TAKEAWAY

A successful parasite protocol is not just about killing parasites. It's about **PREPARING, CLEANSING,** and **HEALING** so your body can thrive long-term.

Consistency + Patience = Lasting Results

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Publisher's Statement:

This newsletter is educational and informational in nature. It represents research, clinical observations, historical analysis, and emerging scientific perspectives that may not reflect current conventional medical consensus.

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All readers remain personally responsible for their own health decisions, treatment choices, and implementation of any information contained herein. Any use of protocols, recommendations, or suggestions is undertaken at the reader's own discretion and risk.

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This newsletter may discuss:

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- Addiction recovery theories
- Natural healing protocols
- Functional medicine approaches
- Root-cause perspectives
- These topics are provided for educational awareness, not for prescription or medical direction.
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